

What is Claimed:

1. A method of preventing cancer comprising administering to a subject in need thereof a pharmaceutically acceptable amount of a composition that comprises ginsenoside glycoside as an active ingredient and a pharmaceutically acceptable carrier or adjuvant.

2. The method of claim 1, wherein the ginsenoside glycoside is selected from the group consisting of ginsenoside Rg<sub>3</sub>, ginsenoside Rg<sub>5</sub>, and ginsenoside Rh<sub>2</sub>.

3. The method of claim 1, wherein the composition further comprises ginseng extract.

4. The method of claim 3, wherein the ginsenoside glycoside is present in an amount of from about 0.05 to 20 weight%.

5. The method of any one of claims 1 to 4, wherein the composition further comprises vitamins.

6. The method of any one of claims 1 to 4, wherein the composition further comprises amino acids.